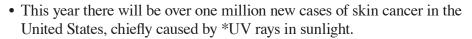


## Sun Safety Announcement for Employees



- Left untreated, skin cancer can eventually cause serious scarring, disfigurement, and even death.
- Protect yourself from the sun today: (*Choose the items that are practical...*)
  - 1. Wear a wide-brimmed hat.
  - 2. Wear long, light-weight clothing to cover your skin.
  - 3. Apply SPF 15 sunscreen to exposed skin.
  - 4. Wear UV-protective sunglasses.
  - 5. Use lip balm with a SPF of 15 or greater.
  - 6. Work or take breaks under shade, when available.
  - 7. Drink plenty of water to help stay cool.

\*UV = ultraviolet (rays)











